

i am a grown man who wants
to make the right decisions
in life i struggle constantly
with mental health ~~but~~
~~it~~ but i get through it one
step at a time None of what
i am facing for charges
Today reflects who i am as
a person i know see that
these actions have devastating
consequences in the future
i have learned from my mistakes
and intend to get help
upon the end of my sentence
and move on with my life
i deeply regret what i
have done and i could have
done differently i ~~in~~ i
want to go home get a job
and take care of my mother
i am hopeful one day i will
be able to teach my children
the things i have learned